

Volunteer Roles with a brief description:

**Volunteer Driver:**

- To safely transport seniors to physician-related appointments such as doctor appointments, assessments, treatments, rehabilitation, imaging, laboratory testing etc., in Lake Country, Kelowna and/or Vernon
- To safely transport seniors to grocery stores, and to other locations related to acquiring food such as the Food Bank, Senior's Centre and prepared food sales in Lake Country
- To provide support and companionship during the trip and upon returning home
- To provide information about Lake Country community resources
- To increase the LCHPS' awareness of seniors needs and/or issues

**Friendly Visiting:**

- To provide friendly visiting to seniors who live in their own home in Lake Country
- To reduce social isolation that the senior may be experiencing
- To provide support, companionship and appropriate activities to seniors
- To provide information about Lake Country community resources
- To increase the LCHPS' awareness of seniors needs and/or issues

**Minor Home Maintenance:**

- To provide assistance to seniors who live in Lake Country with minor home maintenance. Examples include hanging photographs/art, changing light bulbs, oiling hinges, or other *minor* duties around the house that seniors cannot safely do themselves.
- To provide companionship and support for the senior while in their home
- To provide information about Lake Country community resources
- To increase the LCHPS' awareness of seniors needs and/or issues

**Snow Shovelling:**

- To provide assistance to seniors with safe removal of snow from steps, decks, sidewalks and/or driveways.
- To provide support and companionship to the senior while there
- To provide information about Lake Country community resources
- To increase the LCHPS' awareness of seniors needs and/or issues